Try Something New!

Digital Workshops

When it comes to making healthy changes, it's important to educate yourself before diving in. Each workshop takes about 15 minutes. Simply select a topic area, read an article, watch a video and take a short quiz.

Log on to **wellmass.staywell.com** to get started today!

Energy Matters Challenge

Join this fun weekly challenge to improve your quality of life by better managing your energy levels. Each weekly topic offers new information on how to energize your mind and body. More information will be posted in October 2016 and available at www.mass.gov/gic/wellmass.

Eat the Alphabet Challenge

This weekly challenge will encourage you try fruit or veggies that starts with the letter of the day. Have it as part of a meal or as a snack, the choice is yours. Record what produce you tried using the Eat the Alphabet Tracker throughout the challenge. More information will be posted in February 2017 and available at www.mass.gov/gic/wellmass.

Start here:

llmass staywell com

- Create an account or sign in with an existing username and password
- 2. Click on **Start your Health Questionnaire** to begin.



HelpLine Hours (Eastern Time)

The Power of One

Every journey begins with one step

And as small as that first step seems, within it is the

momentum to take another. Join 7,000+ employees

that — together — State employees can be as energetic, healthy, and happy as we can be.

and take that important step toward better health so

 Monday – Thursday
 9 a.m. – 9 p.m.

 Friday
 9 a.m. – 7 p.m.

 Saturday
 9 a.m. – 2 p.m.





StayWell does not accept any advertising on our StayWell Online e-health portal, and StayWell does not receive income from marketing sponsors or advertisers. Any mention of a particular service is not an endorsement, but rather mentioned to ensure StayWell program participants will be aware of programs for which they are eligible. StayWell respects your privacy and your feedback. If you have questions or concerns about the privacy and feedback/complaint process related to StayWell's services, call the StayWell HelpLine at 800-926-5455.

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Your health matters to us — that is why the Commonwealth partners with StayWell® to offer the WellMASS program to state employees. Supporting you and your well-being is the right thing to do for you, our colleagues and our families.

I hope you will consider taking advantage of this free benefit, offered through the Group Insurance Commission (GIC), its activities and resources to learn more about your own personal health and ways to improve it.

Go ahead and take this opportunity to start living a healthier lifestyle, today — the Commonwealth supports you.

Your Privacy is Protected

Your protected health information (PHI) is never shared with the Group Insurance Commission (GIC), your agency, your health plan, or anyone else, except as described in the Privacy Statement, or with your written approval. PHI is collected by StayWell through the health questionnaire and other programs and services offered by StayWell. All PHI is protected by federal law and remains secure with StayWell, the WellMASS program administrator. More information about PHI and the protections we provide is available in our privacy statement, under My Account on the Portal. You may also call the StayWell HelpLine at 1-800-926-5455, for additional information.

It's another great year to participate in WellMASS.

Health Questionnaire



Step 1: Required Activity

Complete the StayWell Health Questionnaire by January, 31, 2017, to receive a \$40 gift card and receive 50 points. The Health Questionnaire can be completed on mobile or tablet devices.



Step 2: Wellness Activity(s)

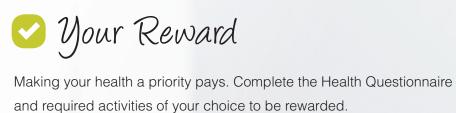
Participate in a variety of activities by June 30, 2017, and earn 25 – 50 points toward your 100 point goal to be eligible for various raffles. You must complete the Health Questionnaire to be eligible for raffles.



Required)		Questionnaire
Wellness Activities	Points Earned Total Required Points: 100 Aug. 1, 2016 – June 30, 2017)	Participant Requirements
elephonic Health Coach	ning 50	Enroll and complete at least three phone coaching sessions with assigned StayWell health coach
ail-Based Coaching	25	Complete six mailings and satisfaction survey
elf-Directed Coaching	25	Completion of four-week program
roup Coaching: /eight Management Ser rebruary – May 2017)	25 ies	Completion of six sessions of eight-week series
igital Workshops	25	Completion of three out of five digital workshops
nergy Matters Challeng October 2016)	e 25	Complete and submit three of four weekly trackers
at the Alphabet Challen March 2017)	ige 25	Complete and submit 23 of 31 days
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50 points

Complete Health .



Raffle #1: Drawing held December 2016

Complete the Health Questionnaire and earn 50 points by November 30, 2016, for your chance to win a \$200 gift card. Two winners will be drawn in December 2016.

Raffle #2: Drawing held quarterly

Complete the activities of your choice to earn 100 points by June 30, 2017, for your chance to win a Fitbit Charge HR. Five winners will be drawn quarterly.

> The number of WellMASS participants is increasing all the time. Join your coworkers to get moving and work on your wellness goals.

Track your progress on https://wellmass.staywell.com.